NUTRITIONAL SUPPLEMENT

1ST EDITION

SIMPLE WAYS
@CNISW3
MARCH 2024

SIMPLE WAYS

1ST EDITION

- هذا المستند يعتبر كمرجع فقط، وهو اجتهاد شخصي.
- Simple Ways ليست مسؤولة عن القرار الطبي المتخذ بناءً على هذه المعلومات.
- المكونات الغذائية لكل مكمل غذائي قد يتم تعديلها اعتمادا على تحديثات الشركة المصنعة ومنطقة التصنيع لذلك احرص على التأكد من محتويات العلبة وتأكد من تاريخ نشر الـ PDF.
- يحتوي هذا المستند على المكملات الغذائية المعتمدة من Nupco والمتوفرة في السوق **السعودي** حاليًا.
- المكملات مقسمة اعتمادا على الأمراض بالإضافة لأكثر مضخات التغذية استخدامًا.
- الوحدات المستخدمة في هذا المستند هي كالآتي:

Volume	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
ml or sachet or gram (scoop)	g	g	g	mg	mg	mg	mg	g

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SIMPLE WAYS

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للتأكد من توافر نسخة محدثة عن طريق
الباركود أو تواصل معنا على قنوات التواصل
الموضحة اسفل الصفحة

FEEDING PUMP

Compat Ella

(Nestle)

- Most common used
- Came with 3 options:

1- Universal set
2- Spike set
3- Feeding bag (Combiset 1.5L)





FreeGo

(Abbott)

- Designed to be portable
- Came with 2 options:

1- Giving set

2- Feeding bag

- Giving set suitable with Abbott supplements (no need to use feeding bag)



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STANDARD SUPPLEMENT

Ensue Max Protein (1ml=0.45kcal)

(Abbott)



Not suitable as a sole source of nutrition ⚠️

- 30g of high-quality protein
- Gluten-free
- Lactose-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
330	150	30	6	1.5	240	420	-	-	2

Ensure (1ml=1kcal)

(Abbott)



Nutritionally complete

- Gluten-free
- Lactose-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
220	201	8	27.12	6.72	176	296	124	40	0

Nutrifriend 1100 (1ml=1kcal)

(Sierra)

Not suitable as a sole source of nutrition ⚠

- High in omega-3 fatty acid
- Gluten-free
- Lactose-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	202	8.4	27.4	6.1	19	211	120.6	10.8	2.1

Energy Zip (1ml=1kcal)

(Sierra)

Nutritionally complete

- Suitable for patients with nutritional risk, cachexia, <u>cancer</u>, AIDS, and bedsores
- Gluten-free
- Lactose-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	200	7.6	27.32	6.7	195.5	299	137.8	43.52	0

Surenutri Oral (1ml=1kcal)

(Almarai)



Nutritionally complete

- Gluten-free
- Lactose-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	200.7	6.9	16.5	11.76	105.8	247.4	145.1	24	2.1

Surenutri Oral Fiber (1ml=1kcal)

(Almarai)



Nutritionally complete

- Gluten-free
- Lactose-free
- High in fiber

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	200	8.10	22.7	7.62	180	278	97.8	31.6	4.06

Vegestart complete (1ml=1kcal)

(Sierra)

Nutritionally complete

- High protein
- High fiber
- Gluten-free
- Lactose-free
- For the management of patients with altered lipid metabolism



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	200	16.6	22	3.6	170	400	160	40	8.4

Impact enteral (1ml=1.01kcal)

(Nestle)

Nutritionally complete

- Close system
- Reduce post-operative infections and length of hospital stay
- Gluten-free
- Lactose-free
- Immune-modulating feed with **arginine**, omega-3 fatty acids, and nucleotides
- Contains arginine (13g/L), omega-3 fat (3.3g/L)



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
500	505	28	67	14	535	670	11.5	115	0

Isosource fiber (1ml=1.03kcal)

(Nestle)

Nutritionally complete

- Gluten-free
- Lactose-free
- 50:50 (Soluble fiber : Insoluble fiber)



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
500	515	19.5	67.5	17	400	675	300	85	7.5

Jevity (1ml=1.06kcal)

(Abbott)

Nutritionally complete

- Fiber-fortified therapeutic nutrition that provides complete, balanced nutrition for long- or short-term tube feeding
- Gluten-free
- Lactose-free



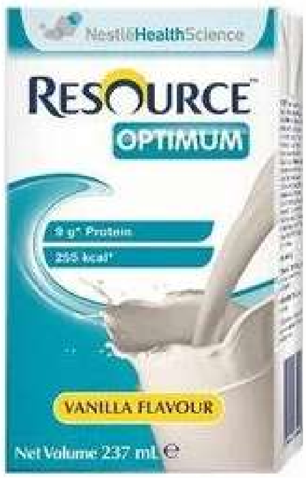
Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
237	250	10.4	36.5	8.2	220	370	180	72	3.4

Resource optimum (1ml=1.08kcal)

(Nestle)

Nutritionally complete

- Gluten-free
- Lactose-free
- Suitable for involuntary weight loss, malnutrition, or decreased appetite.
- **Low GI**



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
237	255	9	35.1	9	209	318	97	43	0

CONCENTRATED SUPPLEMENT

Impact Advance Recovery (1ml=1.12kcal)

(Nestle)

Nutritionally complete

- Rich in **arginine**, Nucleotides, and omega-3
- Gluten-Free
- Not suitable for patients with galactosemia
- Suitable for Lactose intolerance



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
178	200	18	15	8	200	450	240	75	0

Resource Energy (1ml=1.5kcal)

(Nestle)

Nutritionally complete

- Not suitable for cow's milk protein allergy



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	303	11.2	42	10	200	450	240	75	0

Ensure Plus Advance (1ml=1.5kcal)

(Abbott)

Not suitable as a sole source of nutrition ⚠️

- Contain **HMB** 1.5g/can
- Gluten-free
- Lactose-free
- Not suitable for NGT Feeding, Not Exceed 2 Cans/d



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
220	330	20	37	11	330	594	260	55	1.7

Ensure Plus (1ml=1.5kcal)

(Abbott)

Nutritionally complete

- Gluten-free
- Suitable for lactose intolerance
- Not suitable for patients with galactosemia



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	12.5	40.4	9.84	184	320	200	60	0

Fortisip (1ml=1.5kcal)

(Nutricia)

Nutritionally complete

- Not suitable for Cow's milk allergy and Galactosemia
- Gluten-Free
- Low in Lactose



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	12	36.8	11.6	180	318	156	46	0

Surenutri High Calorie (1ml=1.5kcal)

(Almarai)

Nutritionally complete



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	11.4	43	9.36	198	345	168	38.4	-

Atempero (1ml=1.5kcal)

(Sierra)



Nutritionally complete

- Gluten-free
- Lactose-free
- Suitable for Diabetic management, Metabolic stress, Surgical malnutrition

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	20	23.2	11.6	95	256	240	52	3

Energy Zip (1ml=1.5kcal)

(Sierra)



Nutritionally complete

- Gluten-free
- Lactose-free
- Suitable for Cachexia, **Cancer**, AIDS, and Bedsoures

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	11.4	40	10.2	284	480	230	70	0

Supportan (1ml=1.5kcal)

(Fresenius kabi)



Nutritionally complete

- **Low GI**
- High in EPA, DHA, and MCT oil
- Gluten-free
- Lactose-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	20	23.2	11.6	95	256	240	52	3

Fresubin Energy (1ml=1.5kcal)

(Fresenius kabi)



Nutritionally complete

- Gluten-free
- Lactose-free
- **Chocolate flavour has some different in micro and macro**

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	11.2	37.6	11.6	160	270	160	42	0

Fresubin Energy Fiber (1ml=1.5kcal)

(Fresenius kabi)



Nutritionally complete

- Gluten-free
- Lactose-free
- High Fiber

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	11.2	35.6	11.6	160	270	160	42	4

Resource Plus (1ml=1.54kcal)

(Nestle)



Nutritionally complete

- Gluten-free
- Lactose-free
- Not suitable for patients with galactosemia
- **Low GI**

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
237	365	13	53.6	10.7	239	356	223	66	0

FortiCare (1ml=1.63kcal)

(Nutricia)

Nutritionally complete

- Gluten-free
- Lactose-free
- **Low GI**
- Not suitable for patients with galactosemia
- Suitble for **Cancer pateints**
- Use with caution in bleeding disorder and anti-coagulant medication



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
125	204	11.3	23.9	5.3	138	269	150	35	2.6

Resource 2 (1ml=2kcal)

(Nestle)



Nutritionally complete

- Gluten-free
- Lactose-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	400	18	42.8	17.4	220	380	240	40	0

Fresubin 2kcal (1ml=2kcal)

(Fresenius kabi)



Nutritionally complete

- Gluten-free
- Lactose-free
- High in Vitamin D

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	400	20	45	15.6	150	320	240	32	0

Fresubin 2kcal Fiber (1ml=2kcal)

(Fresenius kabi)



Nutritionally complete

- Gluten-free
- Lactose-free
- Contain fiber
- High in Vitamin D

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	400	20	43.6	15.6	120	320	240	32	3

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Fresubin 2kcal HP (1ml=2kcal)

(Fresenius kabi)

Nutritionally complete

- Close system (500ml or 1000ml) for tube feeding only
- High in monounsaturated fatty acids and with MCT
- Low in lactose and gluten
- Not suitable for patients with galactosemia
- Use with caution in severe organ failure



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
100	200	10	18	10	60	170	120	20	0

Fresubin 2kcal HP Fiber (1ml=2kcal)

(Fresenius kabi)

Nutritionally complete

- Close system (500ml or 1000ml) for tube feeding only
- High in monounsaturated fatty acids, with MCT, with fish oil
- Gluten-free
- Lactose-free
- Not suitable for patients with galactosemia



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
100	200	10	17	10	60	170	120	20	1.5

TDiet 2 (1ml=2kcal)

(Sierra)

Nutritionally complete

- Gluten-free
- Lactose-free
- High Fiber
- Indicated for the dietary management of patients with diseases accompanied by malnutrition



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	400	20	42.6	15.6	174	440	310	60	5

Hyperdrink 2 (1ml=2kcal)

(Sierra)

Nutritionally complete

- Suitable for elderly and/or malnourished patients due to illness (**cancer**, HIV, etc.), muscle wasting
- Gluten-free
- Lactose-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	400	20	46	16	170	440	320	60	0

Resource Support Plus (1ml=2kcal)

(Nestle)



Nutritionally complete

- Contains omega-3 and prebiotic
- Suitable for **cancer patients** undergoing Chemotherapy/Radiotherapy
- **Low GI**

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
125	255	11.5	26	11	94	250	162	31	3.1

Fresubin 2 Cream (1ml=2kcal)

(Fresenius kabi)



Nutritionally complete

- Suitable with dysphagia
- Low lactose
- Gluten-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
100	200	10	22.5	7.8	65	167	125	16	0

SIMPLE WAYS

Fortisip Compact (1ml=2.4kcal)

(Nutricia)

Nutritionally complete

- Suitable for lower GI disease, total gastrectomy, bowel fistulae, disease-related malnutrition, and patients requiring a residue-free diet
- Low lactose
- Gluten-free
- Not suitable for patients with galactosemia and cow's milk allergy



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
125	300	12	37.1	11.6	120	295	218	41	0

Fortisip Compact Protein (1ml=2.44kcal)

(Nutricia)

Not suitable as a sole source of nutrition

- Suitable for disease-related malnutrition and diseases requiring a fluid restriction
- Not suitable for patients with galactosemia and cow's milk allergy
- Low lactose
- Gluten-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
125	306	18.3	31.4	12	43.8	122	353	68	0

Fresubin 3.2 (1ml=3.2kcal)

(Fresenius kabi)

Nutritionally complete

- Not for tube feeding
- Low lactose
- Gluten-free
- Low in fiber
- High in Vitamin D



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
125	400	20	35	20	140	390	140	50	0.63

Fresubin 5kcal shot (1ml=5kcal)

(Fresenius kabi)

Not suitable as a sole source of nutrition ⚠️

- Suitable for pre-operative preparation of malnourished patients, dysphagia
- Fat-based supplements contain MCT
- Low lactose
- Gluten-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
125	600	0	4.8	64.6	-	-	-	-	0.48

DIABETIC SUPPLEMENT

Glucerna SR (1ml=0.93 kcal)

(Abbott)



Nutritionally complete

- Suitable for diabetic patients
- Lactose-free
- Gluten-free
- Cholesterol-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	186	9.3	17.3	6.76	178	312	129	36	1.52

Glucerna G1 (1ml=1 kcal)

(Abbott)



Nutritionally complete

- Suitable for diabetic patients
- Lactose- free
- Gluten-free
- Cholesterol-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	200	8.36	16.3	10.9	186	260	130	40	2.88

Diasip (1ml=0.96 kcal)

(Nutricia)

Nutritionally complete

- Suitable for diabetic patients
- Lactose-free
- Gluten-free
- Rich in fiber
- Not suitable for galactosemia or fructosaemia



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	208	9.8	23.4	7.6	110	200	94	46	4

Surenutri Diabetic (1ml=1 kcal)

(Almarai)

Nutritionally complete

- Suitable for diabetic patients
- Containing slow digestion carbohydrate
- Lactose-free
- Gluten-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	202	7	13.1	12.5	120.9	254.5	143.2	29.5	4

Diamax IG (1ml= 1 kcal)

(Sierra)



Nutritionally complete

- Suitable for diabetic patients
- Lactose-free
- Gluten-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	200	8.8	20	9.4	134	272	142	50	3

Diaba (1ml=1 kcal)

(Sierra)



Nutritionally complete

- Suitable for diabetic patients
- Lactose- free
- Gluten-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	200	8.5	21.8	8.8	230	330	140	37.4	3

Resource Diabetic (1ml= 1 kcal)

(Nestle)



Nutritionally complete

- Suitable for diabetic patients
- Lactose-free
- High in fiber

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	200	14	21.8	5.4	160	192	110	26	4

Diben (1ml=1.5 kcal)

(Fresenius kabi)



Nutritionally complete

- Suitable for diabetic patients
- Low GI
- Lactose-free
- Gluten-free
- Fiber enriched
- High in MUFA
- Not suitable for galactosemia.

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	15	26.2	14	140	260	190	30	4

Hyperdrink DB (1ml= 1.5 kcal)

(Sierra)



Nutritionally complete

- Suitable for diabetic patients
- Lactose-free
- Gluten-free
- High in fiber

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	20	22	13.6	160	360	320	58	5

RENAL SUPPLEMENT

HDMax (1ml= 1.5 kcal)

(Sierra)



Nutritionally complete

- Lactose-free
- Gluten-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	13.4	40	9.2	230	120	160	24	4

Nepro HP (1ml= 1.8 kcal)

(Abbott)

Nutritionally complete

- High-calorie, high protein
- Lactose-free
- Gluten-free
- **Low GI**
- Suitable for patients on dialysis



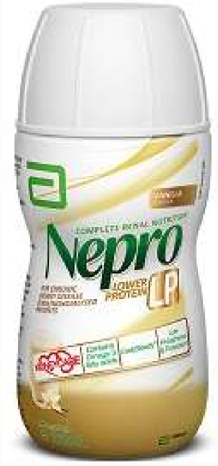
Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
220	401	17.82	32.43	21.49	154	233	158	46	2.77

Nepro LP (1ml= 1.8 kcal)

(Abbott)

Nutritionally complete

- High-calorie, Low protein
- Lactose-free
- Gluten-free
- **Low GI**
- Not suitable for galactosemia



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
220	401	9.94	40.77	21.34	176	251	143	46	2.77

Fresubin Renal (1ml= 2 kcal)

(Fresenius kabi)



Nutritionally complete

- High-calorie, <u>Low protein</u>
- High in MUFA,
- Lactose-free
- Gluten-free
- **Low GI**

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
220	400	6	52.8	17.8	136	200	110	40	2.4

Novasource Renal (1ml=2kcal)

(Nestle)



Nutritionally complete

- High-calorie, <u>high protein</u>
- Lactose-free
- Gluten-free
- **Low GI**

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	402	18.2	37	20	152	162	122	40	0

HEPATIC SUPPLEMENT

Fresubin Hepa (1ml=1.3kcal)

(Fresenius kabi)



Nutritionally complete

- Concentrated
- Contain BCAA
- Low lactose
- Gluten-free
- High in fiber
- Not suitable for patients with galactosemia

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	260	8	34.8	9.4	150	240	106	54	2

NutriHep (1ml=1.5kcal)

(Nestle)



Nutritionally complete

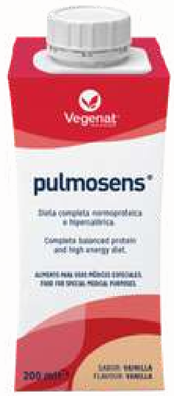
- Concentrated
- High in BCAA and MCT oil
- Gluten-free
- Not suitable for patients with galactosemia

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
250	375	10	72.5	5.3	40	330	250	94	0

RESPIRATORE SUPPLEMENT

Pulmosens (1ml=1.5kcal)

(Sierra)



Nutritionally complete

- Concentrated, High protein
- Low lactose
- Gluten-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	12.4	21.4	18.4	254	416	206	47.6	0

Pulmocare (1ml=1.5kcal)

(Abbott)



Nutritionally complete

- Concentrated, High protein
- Gluten-free
- Lactose-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
250	375	16	26	23	328	490	250	75	0.48

Nutren Pulmonary (1ml=1.5kcal)

(Nestle)

Nutritionally complete

- Concentrated
- Low GI
- Lactose-free
- Gluten-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
250	375	17	25	23.7	292	468	300	120	0

Surenutri Pulmonary (1ml=1.5kcal)

(Almarai)

Nutritionally complete

- Gluten-free
- Lactose-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	12.8	19.9	18.8	262	359	229	85.4	-

CLEAR LIQUID SUPPLEMENT

Resource fruit beverage (1ml=1.059kcal)

(Nestle)



Not suitable as a sole source of nutrition ⚠️

- Suitable for people on a low FODMAP diet (orange & peach flavors only)
- Fat-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
237	251	9	54	0	71	0	171	0	0

Hyperdrink Juicy (1ml=1.5kcal)

(Sierra)



- Concentrated, High protein
- Fat-free
- Gluten-free
- Lactose-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	10	65	0	12	12	230	52	0

Fortijuice (1ml=1.5kcal)

(Nutricia)

Not suitable as a sole source of nutrition ⚠️



- Concentrated
- Fat-free
- Gluten-free
- Lactose-free
- Not suitable for patients with galactosemia

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	7.8	67	0	20	18	24	4	0

Fresubin jucy (1ml=1.5kcal)

(Fresenius kabi)



- Fat-free
- Fiber-free
- Gluten-free
- Lactose-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	8	67	0	12	14	22	2	0

SEMI ELEMENTAL SUPPLEMENT

Peptamen Intense (1ml=1kcal)

(Nestle)

Nutritionally complete

- Close system
- High protein
- Gluten-free
- Lactose-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
500	500	46	36	18	500	885	230	85	0

Peptamen AF (1ml=1.56kcal)

(Nestle)

Nutritionally complete

- Close system
- High-calorie, high protein
- Contains omega-3 F.A
- 50% of the fat as MCT
- Gluten-free
- Lactose-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
250	392	24	37.5	16.25	325	560	156.8	68	0

Survimed OPD (1ml=1kcal)

(Fresenius kabi)



Nutritionally complete

- Gluten-free
- Lactose-free
- Fiber-free
- High in MCT

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	200	9.3	28.2	5.6	160	400	96	50	0.2

Survimed OPD (1ml=1.5kcal)

(Fresenius kabi)



Nutritionally complete

- Gluten-free
- Lactose-free
- Fiber-free
- High in MCT

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	15	41.2	8.4	260	606	150	60	0

Peptisens (1ml=1.5 kcal)

(Sierra)

Nutritionally complete

- Partially hydrolyzed
- High-calorie, high protein
- Gluten-free
- Lactose-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	18.2	32	10.6	238	500	160	56	1.6

Vital (1ml=1.5kcal)

(Abbott)

Nutritionally complete

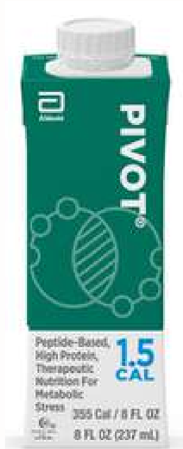
- High-calorie, high protein
- Gluten-free
- Lactose-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
200	300	13.5	36.8	11	338	400	200	60	0

Pivot (1ml=1.5 kcal)

(Abbott)



Nutritionally complete

- High-calorie, high protein
- Rich in **arginine, glutamine**, and omega-3 F.A
- Gluten-free
- Lactose-free

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
237	355	22.2	40.9	12	338	475	240	95	1.8

Peptamen (1ml=1kcal)

(Nestle)



Nutritionally complete

- 100% Hydrolyzed Whey (Peptides)
- 70% of the fat as MCT
- Gluten-free
- Lactose-free

Per 100 g powder	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg
	456	18.5	57.2	18	365	580	325	186

MODULERS

Nutrisource Fiber

(Nestle)

- 100% partially hydrolyzed guar gum (PHGG)
- soluble fiber
- Gluten-free
- Lactose-free
- Appropriate fiber for a low FODMAP diet
- Not appropriate for use in individuals under 3 years old.



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
4g	15	3	-	-	15	10	-	-	3

HyFiber

(Medtrition)

- Soluble dietary fiber and prebiotic FOS
- Gluten-free
- Lactose-free
- Ideal for fluid-restricted diets



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
30ml	20	0	14	0	0	1	0	0	12

Beneprotein

(Nestle)

- Isolated whey protein
- Gluten-free
- Lactose-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
1 scoop	25	6	-	-	15	10	-	-	3

ProSource TF

(Medtrition)

- Ready to use
- Tube feeding only
- Isotonic – does not promote diarrhea
- Not recommended to be added directly to the enteral formula



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
45ml	25	11	<1	0	35	11	48	0	0

Fresubin Protein

(Fresenius kabi)

- Whey protein
- Gluten-free
- Lactose-free
- Fiber-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
1 Sachet	41	10	0	0.12	63.3	138	27.6	0	0

Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
1 Scoop	18	4.4	<0.05	0.05	27.5	60	12	0	0

Fresubin Glutamine

(Fresenius kabi)

- 10g of Glutamine
- Suitable for patients with
- Increased glutamine needs
- Oxidative stress in surgery
- Chronic inflammatory disease



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
1 Sachet	80	10	9.6	0	0	0	0	0	1.2

MCT Oil

(Nestle)

- Avoid use in patients with uncontrolled diabetic ketoacidosis
- Gluten-free
- Lactose-free



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
1ml	7.7	0	0	1	0	0	0	0	0
Volume	**Calorie**	**CHON**	**CHO**	**Fat**	**Na**	**K**	**Po4**	**Mg**	**Fiber**
15ml	115	0	0	14	0	0	0	0	0

ArgiMent AT

(Medtrition)

- 7g each of **arginine and glutamine**
- 250 mg Vitamin C
- For staged wounds, pressure injuries, surgical wounds, diabetic foot ulcers
- Contain prebiotic
- Not for use by patients suffering from dehydration, compromised renal functions, or liver disease, and patients in shock or who have multi-organ failure
- Not suitable for patients with galactosemia



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
1 Packet	120	10	6	0	40	87	35	0	0

ThickenUP
(Nestle)

- ThickenUp is an instant food and drink thickener for individuals with difficulty swallowing (dysphagia)
- It provides rapid thickening and gives a stable consistency, without affecting the original taste and color of the food or drink



Volume	Calorie	CHON	CHO	Fat	Na	K	Po4	Mg	Fiber
15ml	115	0	0	14	0	0	0	0	0

Probiotic 50B
(Sierra)

- Comprehensive synbiotic formula with prebiotic inulin and 12 clinically proven strains of probiotics
- Indications: Diarrhea, IBS, H.pylori, Lactose intolerance
- Caution with Lactation
- Not suitable for immunocompromised patients (eg: Patients receiving chemotherapy), patients with intravenous catheters or uncontrolled diabetics.



① How to calculate feeding volume?

$$\frac{\text{Total calories need for pt.}}{\text{Formula concentration}} = \text{Total volume of feeding}$$

For example, if your pt needs 1500 kcal and you choose concentrated supplement 1.5, total volume will be 1000 ml/d

② How to calculate feeding content?

"This is for all content of a feed (CHO, Protein, Fat, Electrolyte..)"

$$\text{Feeding content} = \frac{\text{Total volume * formula content}}{\text{The total volume per 1 can or bottle}}$$

For example, if you calculated the total volume and it was 1000ml/d and the supplement you use contain 20 g of protein in 200 ml, The protein from feeding will be 100 g

③ How to calculate the goal rate?

$$\text{Goal rate} = \frac{\text{Total volume}}{\text{Feeding hours}}$$

Bolus:
Q3 hrs = 8 feed
Q4 hrs = 6 feed
Q6 hers = 4 feed

الوجهة الأولى لخريجي التغذية العلاجية

SIMPLE WAYS
@CNISW3
MARCH 2024